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# TOWN OF KINGSTON

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[www.kingstonmass.org](http://www.kingstonmass.org)

*Board of Selectmen*

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*Town Administrator/*

*Chief Procurement Officer*

*Thomas J. Calter III*

Advisory #19

Wednesday, April 1, 2020

To the Residents of Kingston,

This afternoon the Massachusetts Department of Public Health announced that there were 561 confirmed positive cases of COVID-19 in Plymouth County. This represents an increase from 459 cases yesterday. **The Town of Kingston remains at nine confirmed positive cases of COVID-19.** Our Health Agent and Public Safety Officers will continue to monitor these local cases. Due to privacy requirements, the demographics of these cases will remain anonymous.

Please continue to visit [www.kingstonmass.org](http://www.kingstonmass.org) for daily updates from Kingston's Emergency Management Team, as well as links to the Massachusetts Department of Public Health (DPH) and the Centers for Disease Control and Prevention (CDC) websites.

Kingston's Emergency Management Team met today to discuss the Town's ongoing response to the COVID-19 pandemic. Kingston's Fire Chief, Mark Douglass, continues to work to secure much needed Personal Protective Equipment (PPE) for our first responders. We are optimistic that aid will soon come from the State, however we are still seeking donations from Kingston residents and businesses who may have N95 masks, Tyvek suits, and medical grade gloves that they are willing to donate. Anyone who is able to donate PPE is encouraged to call 781-585-0532.

The Kingston Board of Selectmen continue to meet daily at 1:00 PM to discuss COVID-19 related matters. During today's meeting, residents' concerns regarding food security during the pandemic came up. While grocery store shelves nationally continue to be restocked, and there is no indication of an issue with food supply, we recognize that this event will create financial hardships for many and food security may become a concern. Any residents experiencing issues related to food security are encouraged to contact Mass 2-1-1, Massachusetts' centralized hub for comprehensive information and referrals to services. Mass 2-1-1 can be contacted 24 hours a day, 7 days a week, by dialing 211 on your telephone. They provide a stigma free call center and online portal ([www.mass211.org](http://www.mass211.org)), and can connect you to services that are available in the Kingston area. Kingston seniors concerned about food security are encouraged to call the Kingston Council on Aging at 781-585-0511 to learn more about Meals-on-Wheels and other services that are available.

Yesterday's COVID-19 Update featuring Deputy Fire Chief, Adam Hatch, Director of Elder Affairs, Paula Rossi-Clapp, and Town Administrator, Tom Calter, is now available online. It has been linked to the COVID-19 page on the Town of Kingston's website. The program continues to be aired on Kingston's government channels (Comcast 15 and Verizon). This Friday we will broadcast a COVID-19 Update LIVE

on PACTV at 10:30 AM. The LIVE update can be viewed on Kingston's government channels, or online at [www.pactv.org](http://www.pactv.org).

With confirmed cases of COVID-19 on the rise, Kingston's Emergency Management Team and Board of Health would like to remind you that this is a crucial time for infection control. Maintaining social distancing, limiting exposure to others, avoiding crowded places, and vigilant hand washing are vital steps in slowing the spread of this disease.

The CDC offers the following guidance on how to protect yourself from COVID-19:

- Clean your hands often. Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. Put distance between yourself and others if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick (older adults and people of any age who have serious underlying medical conditions).

The CDC offers the following guidance on how to protect others from COVID-19:

- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Wear a facemask if you are sick. You should wear a facemask when you are around other people and before you enter a healthcare provider's office. If you are not sick, you do not need to wear a facemask unless you are caring for someone who is sick and they are not able to wear a facemask. Facemasks are in short supply and should be saved for caregivers.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.

For additional information on how to protect yourself and others from COVID-19, please visit [www.cdc.org](http://www.cdc.org).

Kingston's Emergency Management Team and Board of Health recognize that COVID-19, and the uncertainty related to this pandemic may be stressful for residents. When it comes to your health, and the health of those you love, fear and anxiety about a disease can be overwhelming.

The CDC offers the following guidance on how to protect yourself from the stress and anxiety you may be experiencing during these unprecedented times:

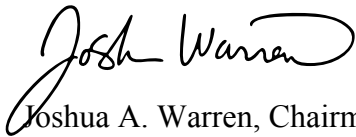
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or mediate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some activities that you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Taking care of your emotional health and well-being during this time is important. We have provided a link to the Massachusetts Department of Public Health's resources for reducing stress and healthy coping, combating isolation and loneliness, activities for children, mental health crisis support and more, on the COVID-19 page of the Town's website.

Efforts to respond to and contain COVID-19 are rapidly changing, but our priority is to serve and support Kingston residents, employees, and businesses through the continuity of basic services and operations. We acknowledge that COVID-19 will significantly impact the lives of all those in our community, but we ask that you take a thoughtful and measured approach to keeping yourselves, your families, and your neighbors safe by following the news and recommendations made by the Center for Disease Control and the Massachusetts Department of Public Health.

We are all in this together.

Sincerely,

A handwritten signature in black ink that reads "Josh Warren". The signature is fluid and cursive, with a large initial "J" and "W".

Joshua A. Warren, Chairman  
Board of Selectmen